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FIFTH FIESTA ROTARIA A SUCCESS

ORANJESTAD — The fifth Fiesta Rotaria flea market held in the Wilhelmina Park on Sunday, July 30 was a great success. The Rotarians and Rotary Anns of Aruba prepared a program of attractions which resulted in a very enjoyable Sunday for young and old.

The proceeds of the flea market will be donated to the home for the aged.

ARUBA'S FIRST ENGLISH ILLUSTRATED WEEKLY
VOLUME 37 Ad Astra Per Aspera

THURSDAY, JULY 4, 1985

BETICO WELCOMED



ORANJESTAD — Mr. Gilberto F. Croes (Betico), Adviser to the Executive Council of Aruba returned to the island from Holland early Friday morning. A crowd of well wishers were at the airport to welcome him. Among those present were members of the Executive Council and members of the Island and Central Government parliaments.

BETICO CROES SAID HE HAD NO ALTERNATIVE



BETICO CROES:

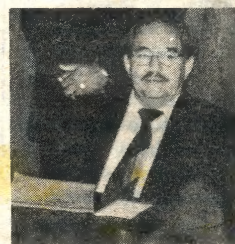
ORANJESTAD — In a press conference held Tuesday, MEP leader Mr. Betico Croes said that he had no alternative but to accept Status Aparte for Aruba on January 1, 1986, combined with the date for complete independence on January 1, 1996. Otherwise there would be no Status Aparte at all and in the end Holland would still give independence to the Netherlands Antilles and Aruba would remain under Curacao. He said that the MEP submitted a motion in the Dutch

upper chamber suggesting not to mention the independence date in the Statute change but it was rejected.

Aruba's Island Council will have to approve the Statute change on July 5 (Friday) with at least two thirds (14 votes in favor). If the two thirds vote (14 votes in favor) is not reached, the Island Council will have to be dissolved and new Island Council elections will have to be held.

On June 29 the Staten (Central Government) approved the Statute change. The change approved by 17 votes in favor and 1 (Victor Miguel, Curacao independend, against). Claude Wathey (St. Maarten) and Humphrey Wout (Bonaire) were absent and Benny Nisbet (PPA) and Bob Lopez Henriquez (Aruba independent) abstained.

JOHN BOOI PRESIDENT OF A.D.N. PARTY



ORANJESTAD — Former island Secretary Mr. John Booi was appointed pre-

sident and spokesman of the newly-founded Accion Democratico Nacional party, the party board announced Monday, Aruba Island Council member and de facto founder of the party, Pedro "Charro" Kelly, has been appointed Vice President.

The announcement came as a surprise in political circles on the island.



ORANJESTAD — Lately it was reported that a number of recently born turtles were seen on the beaches of Aruba, (see picture). The experimental station at Santa Rosa and the STINAPA foundation requested the cooperation of the public to return the turtles to the sea or call Santa Rosa on phones 26372, 28102, 26473 or members of the STINAPA.

The Local

EDITOR'S CORNER

POLICE PREDICTIONS

Although somewhat subdued, the conflict between the police and the Aruba government continues. Last week the policemen's union issued a pamphlet entitled "motivation" warning the people about what happens when the government of a country penetrates the police force. Following is a free translation of the pamphlet.

"What the members of the Aruba police union are struggling for is something that concerns the people and the police, we the policeman and the people would be free to do as we please. For instance now if a policeman does something against the existing laws for policeman, legally he would be punished according to those laws.

In a community without a judicial position, the police could become a sort of horrible "Tonton Macoute", believe it or not, supporting the government and against the people. A system of oppression and domination of the people".

According to the pamphlet, the police would also become the victim of the system toward which the present government of Aruba is heading. The pamphlet continues.

"It is easy for the members of our union to apply for employment in the Antilles of 5, and leave a community (Aruba) in a horribly dangerous position. Therefore the reason of this motivation is to request the understanding and support of our community for our action. We are serving the people and we are aware of the fact that any action we undertake the people will suffer in one way or another, that is why we are asking for the understanding and support of the entire community. Please do not allow people with a diabolic mentality to cause a rupture between the police and the people on account of an incident that took place and is actually being used to prevent reaching a satisfactory agreement with the police". The pamphlet mentioned that it is a known fact that during every election campaign an issue against the police is sought in order to win the election, therefore it is their concern as members of the police force to seek their rights and the rights of the people in order to prevent a disaster in the future.

The pamphlet explains.

"Here is an explanation of what is the meaning of Tonton Macoute: That is a cruel system which enables a government to remain in power indefinitely, regardless of the results of elections. If on an island like Aruba neither the police nor the people don't have a judicial position, it would be easy for the government to penetrate its people, its puppets, into the police force and make them act against persons or groups of people who oppose the government".

The pamphlet explains that by the word "acting" it means that the police would abuse the people in a cruel and frightening manner without being punished. "Creating panic in the community, so that when there are elections the people would vote for the same party out of fear of reprisals. This system is used in Haiti, and everyone knows that after the father the son continues to rule the country". Believe it or not, the work of the police in a democratic country is prescribed and regulat-

Village Talk



by WILLY

A fella tell Willy dat since Lago gone San Nicolas got more musketters. He say dat Lago gas used to run dem.

Willy hear dat two woman had a quarrel an' when one tell de udder one dat she goin call de poles de udder one tell she call dem, no dey ain't comin' becausing dey on stroik.

A fella tell dat he got he passage money, but now he got to save more money to pay exit tax.

Willy got to tek off he hat to de people dem who organize "Mercado Sabatino". Dey really puttin' some loif back in San Nicolas on Saturday aftahnoon.

A fella tell Willy dat when he was wukkin he landlord used to let de house rent run up to 3 months sometoim, but now he ain't wukkin before de month done good de man comin' fo he money.

A lady tell Willy at she tell she husban' dat let she go on a vacashun dis year an he stay wid de chilren while dey on vacashun. She say he tell she no way. He say he ain't able.

A fella tell Willy dat he byside tell he if he don't give she more money she goin stage a walk ouk.

De schoolchilren dem say dat a lotta people goin put

ey car in de garage till nex' year becausing dey can't pay fo' de second half ah dey number plate.

ed, but in an undemocratic state nothing is regulated, and such is the aspiration of a small group in Aruba".

The pamphlet concludes that everyone in Aruba knows that if there is anyone who can speak about democracy or no democracy, it is the police.

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Now de melee is dat de yankees dem comin' to mek a naval base where de Lago was.

Some of de dogs in de

Village still missing de Lago smell, every noit dey howling, or maybe is becauz now we could hear dem better.

LETTER TO THE EDITOR

The Editor
The Local, Aruba
Dear Sir,

RE: WANTS PENPALS.
We are very glad informing this our missive. Before we futher oure note we would like to know your health condition which is essential in human life.

Please editor we are young ladies who are highly looking for pen-friends and we discuss informing you to kindly do us favour, by publishing this our particulars in your newspaper/magazine. Hoping this our humble would meet your esteem journal.

We end with greeting to you all.

Name: Lovelist Moore
Address: c/o Mr. Daniel A.

Quano, Box 856, Cape Coast Ghana.
Sex: Female
Hobbies: Exchange gift, baseball, letterwriting, reading, traveling and movies.
Language: English and French.

Name: Julina Rulle
Address: c/o Mr. Daniel A. Quano, Box 856, Cape Coast, Ghana.
Sex: Female
Hobbies: Letterwriting, laughing reading, swimming, exchange gift and movies.
Language: English and French.

Your faithfully, Lovelist and Julina.

The Editor
The Local
San Nicolas
Aruba, Netherlands Ant.

Dear Sir,
I humbly beg your good offices for my name and address to be published in your popular and esteemed newspaper "The Local".

I wish to state that I am a young lad in my early twenties and seeking for

penfriends from your country to correspond with.
My hobbies are. Exchange of gifts, travelling, photography, listerning to music and playing table tennis.
I thank you for your co-operation.

Yours faithfully,
John O. Paitoo
P.O. Box 98
Cape Coast, Ghana,
West Africa

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The Local

-NATIONAL NEWS-

ARUBA GOVERNMENT WILL NOT SUBSIDIZE MEDICAL TREATMENT IN THE U.S.A.

ORANJESTAD — The Aruba Government has decided that as of July 1, it will no longer approve for patients to go to the United States for medical treatment subsidized by the government.

The decision was made after the Deputy of Public Health, Frank Croes, visited Venezuela to gather information about the possibility of sending patients from Aruba for medical treatment in Venezuela.

Together with the acting head of Public Health, Dr. D. Bermudez and internist Dr. E. Falconi, the deputy noted that patients in Venezuela can get medical attention of a very high standard, and at least just as competent as in the U.S.

Patients will be sent to Venezuela for treatment in cases where that treatment cannot be given in Aruba due to the lack of specialist or sophisticated equipment. Not only is the level of treatment as

competitive as that of the United States but the expenses involved are more reasonable. Another fact is that the majority of specialists in Venezuela graduated in the United States or Europe and their

practice is on the same level as the Americans.

Naturally this does not mean medical treatment in the United States will be excluded entirely. There could be cases where the attention of an

institute will be required.

The government will continue to seek possibilities in the region in order to give the people of Aruba medical treatment on a higher level but financially acceptable for the patient.

The IMF advisers for Aruba:

A COMBINATION OF LOANS, TAX INCREASES AND ECONOMISING

ORANJESTAD — When reading the recently published IMF report about Aruba it is noteworthy that there are no suggestions for a general income reduction or a de-

valuation of the guilder. It appears that the people of the IMF agree with the Chamber of Commerce, ATIA, AHATA and the Bankers Association measures. They proposed in a memorandum to the Central Government in that conception and came up with arguments as: the government has let the personnel affairs matter get out of hand and that therefore corrections must be made, the government employees, namely those in the lower and middle regions earn about 30 percent more than their counterparts in private enterprise, the establishments in difficulties have already taken measures and for the smoothly running sectors a general reduction of the income would have as a result that the flow of foreign currency would decrease and the government's income would drop lower. Thus it would be counter productive for a great part of the economy of Aruba and furthermore it would be a sort of interference by the government into private enterprise, and is seen as very negative for the investment climate. And Aruba is in need of investment. The growth of tourism must give Aruba the chance to recover from the blow of the shut down of Lago the positive attitude of the Aruban and the government would serve to make the island attractive for investors, in view of free enterprise. Particular projects are received with

enthusiasm and expanding groups such as Divi Divi and Sun Development get all the necessary assistance to realise all of the pending projects. The Arubans as well as the visitors to the island are amazed to see how fast projects like the Alhambra complex and the Dutch Village time sharing project are progressing.

Therefore everyone in Aruba is relieved that the IMF report does not suggest a general salary reduction nor devaluation of the guilder, but emphasized on the expansion of the tourist sector and if possible amplified with other industries.

It is almost certain that by 1988 Aruba will have a total of 3100 hotel rooms. That is 50 percent more than at the moment, which means that from the beginning of 1986 300 rooms per year must be added.

The IMF report says that the prosperity level of Aruba will decline due to the fact that even if the tourism industry improves, the government will not be getting the income it got from Lago during the last golden years. 1982 was the absolute top year with 382 million guilders, more than double that of 1979. Without loans Aruba will fall into a negative spiral with reduction following reduction and more unemployment, leading to mass emigration. Therefore the IMF advises a mixture of loans, tax increases and retrench-

ment in the government departments.

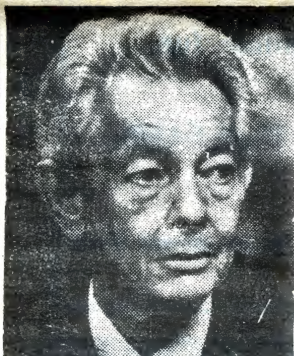
The foreign income currency for 1988 will be 42 percent lower than the top year 1982, but only 13 percent lower than in 1984. The government income in 1988 will be 261 million, some 32 percent lower than in 1982 and 15 percent lower than in 1984. It is expected that before 1988 Aruba will have passed the crisis with 1986 being its worst year. It is expected that by the sharing of the property on account of Status Aparte Aruba will get 120 million guilders in gold and foreign currency, plus about 40 million guilders from the central bank. At the moment Aruba has about Fls. 25 million, so that the total will be about 185 million guilders. The banks in Aruba have about 250 million guilders in savings and deposits of their clients.

TO ENLARGE THE GOVERNMENT INCOME THE IMF ADVISES THE FOLLOWING MEASURES:

Increase the "opcenten" on salary and income tax from 25 percent to 30 percent, already imposed on January 1, 1985 (7 million) a solidarity levy and income tax consisting of a temporary increase of 6.3 points to be imposed in August 1985 (36 million) an extra excise tax on gasoline of 50 cents per liter to be imposed on January

Cont. on page 5

WATHEY FETED ON FRENCH SIDE



CLAUDE WATHEY

PHILIPSBURG — The people of the French side of St. Maarten organised a program to pay homage to Mr. Claude Wathey on Sunday, July 30. The program included a party for invited guest and a buffet

dinner, followed by a public gathering on an open field where drinks were served to a large crowd of people from both parts of the island.

Many speeches were made by citizens of both nationalities, praising Mr. Wathey for his untiring interest for the welfare of St. Maarten and calling for the strengthening of the cooperation between the peoples of French and Dutch St. Martin/St. Maarten.

In an emotion-filled speech Mr. Wathey thanked the people of French St. Maarten and expressed hope that the unity between both sides of the island will continue.

LUBBERS TO DISCUSS SHELL PROBLEM IN VENEZUELA

ORANJESTAD — Prime Minister Ruud Lubbers of Holland will visit Venezuela from July 15 to 17 to discuss the Shell Curacao problem with the administration of President Jaime

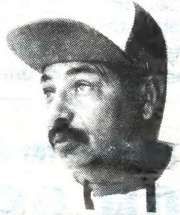
Lusinchi.

After his visit to Venezuela Premier Lubbers will confer with the Government of the Netherlands Antilles in Willemstad, Curacao.

25 YEARS AT "AMIGOE"



Mr. Aloysio "Djiespie" Franken, news-photographer of the Dutch language daily "Amigoe", celebrated his 25th anniversary with the paper on Monday, July 1. Management



and staff of "Amigoe" feted "Djiespie" at the office and presented him gifts. The Local extends congratulations to "Amigoe's" "man on the spot".

CAR LICENSE TAX DUE

SAN NICOLAS — The car would have to be paid by or motor-vehicle tax for July 31, 1985. The amount is Fls. 127,50.

CARIBE RAFFLE POSTPONED

ORANJESTAD — The Caribe Club announces that its raffle of two cars, a "Nissan" 300 and a "Suzuki" S.A. - 310 which was to take place on July 4, 1985, has been officially postponed to September 4, 1985. Reason for the postponement is due to the economic situation the sale of the raffles did not go as fast as was anticipated. Raffles are for sale by members of the S.V. Caribe and in various establishments.

MERKIES SAYS TALKS SATISFACTORY

ORANJESTAD — The leader of the Aruba Police Union, Mr. Leslie Merkies said Tuesday that meeting held Monday between the union and both the Antilles and the Aruba governments over demands concerning the still to be set up Aruba Police Force "was satisfactory".

He said only one of the 12 issues remain pending - a union-sought guarantee that salaries of Aruba police force members will be similar to salaries of the Netherlands Antilles police. The police union is demanding guarantees from the two governments that

provisions of the Antilles police force will be also in effect in the coming Aruba force to guarantee legal and job security. Silence of the part of the government had prompted the union to call a two-hour work stoppage twice last week.

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BOY SCOUTS TASK WEEK

ORANJESTAD — The Aruba District of Antillean Boy Scouts will hold its annual task week from July 4 to 12. Each participant has a book in his position in which the person for whom he has done a job must state the

amount paid and sign his or her name. Every year the boy scouts go around from house to house doing small jobs to get funds for camping etc. The proceeds of this year's campaign will go to boy scout and cub campings.

Y.M.C.A. PATIO SALE

Patio Sale at the San Nicolas Y.M.C.A. on this Saturday, July 6th, from 9.00 a.m. to 2:00 p.m. For sale will be household items, clothing, miscellaneous odds and ends, and books galore.

"Come and Buy". The proceeds of this Patio Sale will be used to continue the Y.M.C.A. work and services for the youth of our community. As such would appreciate any donations you have to offer.

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ORANJES' AD—Mrs. Patricia Bouwers, president of the A.V.B. the union of Nursing personnel, presented a donation to Mrs. Miriam Everon, president of the commission for the celebration of the tenth anniversary of the school for the hard in hearing "Scucha Nos". The head of the school Mrs. Yvonne Wever and the head of Education Affairs, Mr. Ronny Koolman, thanked Mrs. Bouwers on behalf of the school. Also present were Franklin Kock, secretary of the A.V.B. and Rugia Coffie commissioner of the union.

A history of White House aid to the "Contras"

WASHINGTON (UPI) — The United States has been providing not-so-secret "covert aid" to the rebels fighting the Sandinista regime in Nicaragua since 1981 and the bill now totals a reported \$80,000,000.

What began as a Reagan decision in 1981 to secretly funnel money to the rebels has since become the center of debate on the administration's foreign policy in Central America and a way for the Central Intelligence Agency's critics to chew out the Agency for its more public blunders.

Congress began putting controls on the money back in 1982 when the U.S. House of Representatives' Intelligence

Committee decided it had to be used solely to interdict arms shipments to El Salvador rebels. The money was not to be used to overthrow the Sandinistas or provoke fighting between Nicaragua and neighboring Honduras—the operating base for most of the troops.

In 1982 and 1983, when the operation began to become public, intelligence sources say between \$45,000,000 and \$55,000,000 was poured into the project, which began with just a few thousand rebels but mushroomed to about 10,000 to 15,000.

For the period from October 1983 through September 1984, Congress provided

Cont. on page 8

THE IMF ADVISERS FOR ARUBA...Continued from page 3

1986 (14 million) increase of import tax to be imposed on January 1987 (22 million).

The IMF has the unpleasant task to inform the government that improvement will only be possible when a buying power has been established and a larger part of the national product to pay off foreign debts. On the other hand, except for a low interest debt to Holland, Aruba does not have any foreign debts and no inflation only some problems that can be solved by cutting the government expenditure to the level of six years ago. Furthermore Aruba does not have a recession in its most important sectors. Tourism is growing and its most important market is the United States, where

the economy develops favorably with low inflation and low interest rates. The bad news of the IMF is that the Arubans will be confronted directly and indirectly with higher taxes and a period of unemployment. The good news is that the growing sector of the economy is healthy and with sufficient financing guarantee can grow faster and return the level of unemployment to a lower level. That Aruba is strong enough to cover a part of the deficiencies with loans and after 1988 pay back those loans. In short, everything will be a little less, but there is perspective and Aruba will remain a paradise compared to many of the islands in the region.....Hurrah! Hurrah!

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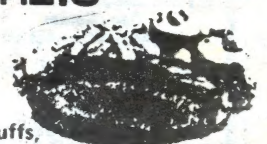
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Guerrillas in Colombia break cease-fire truce

BOGOTA, Colombia (UPI) — Troops today continued to search for guerrillas who attacked a town bank and police station, leaving 19 people dead and breaking a ten-month-old truce the rebels had signed with the government, officials said.

The April 19 movement, known as M-19, carried out the attack in Genova, 125 miles (200 km.) southwest of Bogota, sparking a day-long battle with security forces in the coffee-producing town of 15,000 people.

Authorities on the weekend clamped a curfew on Genova while Army troops hunted for the group of 50 to 100 rebels who launched the early morning raid.

Sketchy official reports said ten police officers, two members of the Army, five guerrillas and two civilians were killed in the fighting.

The casualties reportedly included a 13-month-old girl who was shot and killed.

A number of other civilians were wounded, apparently when they left their homes to try to watch the assault, officials said.

Friday's attack pushed to 31 the number of police officers who have died in guerrilla ambushes or assaults since June 18.

At least eight of the police who died Friday were killed when rebels ambushed a patrol crossing a bridge into the town, officials said.

It was not clear if the eight were killed at the beginning of the attack or if they were killed when the guerrillas ambushed a patrol arriving to help police in the town.

Authorities said the M-19 rebels entered the town's plaza and then attacked the police station and the Caja Agraria bank with mortars, grenades, machine guns, pistols and rifles.

The rebels robbed the equivalent of \$181 in pesos from the bank.

News reports said it was possible the guerrillas were trying to take a deposit in local currency equivalent to \$56,000, which was in the Caja Agraria office earlier but had been

transferred to another town.

Residents said during the attack the guerrillas played a tape recording over a loud speaker, saying the attack was justified by the failure of a truce signed with the government ten months ago.

June 20, the day of a national strike, the third highest M-19 leader, Carlos Pizarro, said the government had

broken the truce and that the M-19 would restart its guerrilla warfare.

The M-19 is the first of four rebel groups who signed a truce last year to openly break the ceasefire. Three other groups, who had rejected the truce, never honored the ceasefire.

**READ
THE LOCAL**

THE CONSTITUTIONS STATE...

IN THE CONSTITUTIONS of the Kingdom of The Netherlands and of the Netherlands Antilles it is stated:

"Nobody needs beforehand permission to divulge through the press his thoughts or feelings, barring one's responsibility according to the law...and everyone has the right to lodge a petition, provided in writing, with the competent authority."



ORANJESTAD — The Tamarijn Beach Hotel does not only promote our island overseas as the ideal vacation spot, but it also advertises Aruba as the ideal spot to spend a honeymoon. Presently there are 35 couples staying at Tamarijn Beach Hotel enjoying their honeymoon. The management of the hotel and the Tourism Office held an enjoyable get-together for the honeymooners. There were gifts for all the guests who claim that they are having a wonderful time in Aruba. Hostesses were: Jackie Richardson, Jeanne Marie Hudson, Mercedes Richardson and guests coordinator was Jenny Vieira.



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JAMAICA ECONOMIC PROBLEMS

KINGSTON — The Jamaica Prime Minister, Edward Seaga, is under mounting pressure as several thousand state-paid employees continue pressing for big pay hikes government says the beleaguered employee cannot take. The Seaga government has had to contend with a

strike by teachers and one by mailmen over salaries. The teachers were demanding the government raise their pay offer from 10 percent so 80 nurses and civil servants have also rejected government wage offer and major unions have started flexing for coming negotiations with

the administration.

The police too have warned they will not accept the 10 percent hike being put to public sector workers, and already municipal employees nervous about their jobs, demonstrated across the island.

And if all this were not enough, Seaga is facing an increasingly confident aggressive opposition, and he also has a quarrel with his traditional allies, the private sector, over economic strategy. All these developments have more than passing connections for they relate to Jamaica's agreement with the International Monetary Fund (IMF) and Seaga's precarious balancing act as he attempts to hold together Jamaica's fragile economy. There are over 100,000 public sector workers and

what they with strikes, sharp statements and muscle flexing, have been telling the government is that they want wage increases to deal with the sharp movements in prices here since their last contract in 1983. They point out that last year alone official inflation was offering pay increases of only 10 percent. But under Seaga's agreement with the IMF wages have to be kept firmly in control, government spending reined in, and the economy devaluated to encourage foreign competition and push local businesses into exports.

In effecting the strategy the government has had to heavily devalue the Jamaican dollar, which has pushed up prices, lower subsidies, and last year fire 6,000 public employees, to reduce the wage bill. More public workers are to go.

The Seaga administration has been able to site its impressive statistics to show that the economic targets are being met - investment has increased, it said, and it has surpassed IMF targets of a reduction in the budget deficit. But such have apparently not made much impression on people whose pockets hurt and who have watched their living standards fall rapidly.

The Jamaica Teachers Association (JTA) reported that most of its 1700 members abandoned classrooms in June to demon-

strate and ask for a better wage offer. The smaller communist-led National Union of Democratic Teachers (NUDT) joined the strike and indicated it was closing ranks behind the JTA. Two days before their action, the JTA had rejected and increased government offer of 12 percent, but the date for the implementation of the new contract to be three months later. "We have been asked to drink bitter medicine but we see no remedy down the road", said teachers, Noel Monteith during a large demonstration in Kingston. Monteith sent a clear warning to the government that the teachers would strike again to press their claims if a salary conclusion was not reaches - and soon:

Policement have also been grumbling. Police Federation chairman, Ricardo Buchanan, in the presence of National Security Minister Winston Spaulding, described the 10 percent offer as treacherous and recreant to the cause of national security and civil liberties. He said that state "is being set for corruption and the police are wickedly moribund". The business sector is also complaining that the policies of tight credit and high interest rates enforced by the government threatens the survival of many companies, and quarrel with the scale and pace of adjustment taken place.

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EUGENIA CHARLES WINS DOMINICA ELECTIONS

ROSSEAU — The Dominica Freedom Party (DFP) of Prime Minister Eugenia Charles won 15 of the 21 contested seats in the elections held in Dominica on Monday, July 1, giving Mrs. Charles another

5-year term in office. Five

seats went to the LPD the Labor Party of Dominica, headed by opposition leader Patrick John and 1 seat to another splinter party.

**READ
THE LOCAL**

Experts Warn Millions Risk Brain Damage or Mental Illness

Tranquilizer Horror!

WARNING! As many as 20 million Americans are taking powerful tranquilizers - unaware that these dangerous drugs can damage their brains and cause severe mental illness, psychiatrists say.

The culprit drugs are powerful tranquilizers and include the brand names Mellaril, Thorazine, Prolixin, Haldol and Ritalin, the experts say.

"Between 10 million and 20 million Americans are being given these major tranquilizers for a variety of problems when they shouldn't be", declared Dr. Robert Seidenberg.

"These drugs - which are supposed to control psychiatric disorder - are themselves triggering other serious psychological problems".

Some people who take

these drugs actually develop paranoia, an irrational fear of other people, or schizophrenia, a severe mental disorder in which a fictitious loses touch with reality.

Other become extremely passive almost zombielike, with uncontrollable facial

tics and movements of the body, Dr. Seidenberg explained.

Still others experience radical mood swings, from deep depression to wild euphoria. Often the damage is irreversible, he added. Schoolchildren are given

the drug Ritalin to control problems of hyperactivity, Dr. Seidenberg pointed out, adding:

"This indiscriminate use of these drugs is absolutely unconscionable".

Another psychiatrist, Dr. Peter Breggin, agreed:

"Approximately 10 million Americans are unfortunately receiving these drugs when they shouldn't be."

"Psychiatrists must stop prescribing them. Their use

cannot be justified, considering their dangerous side effects, no matter what a person's psychological condition is.

"These drugs are toxic to the brain - they cause a progressive deterioration of the brain."

Dr. D. Frank Benson, a neurologist, agreed: "Most assuredly, major tranquilizers can produce dementia (brain damage) in patients who take them on a longterm basis."

A HISTORY OF WHITE HOUSE AID TO...Cont. from page 5

\$24,000,000 and specifically told the intelligence community that was all that could be spent on the effort.

That money ran out in the spring of 1984, and the administration asked Congress for another \$21,000,000. That request was turned down largely as a result of the furor over revelations that the C.I.A.

had provided logistical and supervisory services for the mining of Nicaragua harbors.

Late last year, the request for \$28,000,000 for the 12-month period through September 30 ran aground when it was revealed the C.I.A. had published a manual for the "Contra's" giving advice on political assassinations.

Eventually, Congress decided Reagan could ask for \$14,000,000 in military assistance but had to wait until March 1 before making the request, which it formally did early in April.

In the meantime, the "Contra" rebels reportedly have been able to continue operating with private assistance but have been unable to expand their effort.

Gifts Reagan received in 1984

WASHINGTON (UPI) — U.S. President Reagan's financial disclosure form released today shows that during 1984 his gifts included a revolver, a chain saw, two riding crops, four hearing aids and a frisky black sheep dog named "Lucky" valued at \$400.

The White House released the disclosure form, showing Reagan's income, assets and real estate holdings that matched more specific listings from his 1984 income-tax return disclosed earlier.

The items of interest on this form were in the section where he had to report gifts from individuals of more than \$100.

He received four hearing aids worth a total of \$3,000.

Reagan, who was shot four years ago, received a revolver engraved with his signature from Leopold Deters of Springfield, Massachusetts. He also got a chain saw and accessories valued at \$238 from the U.S. Secret Service.

"Lucky," the six-month old sheep dog sent by the Reagans to obedience school after foster child Kristen Ellis gave her to them in December, was valued at \$400.

Mrs. Reagan received a \$440 desk diary from Mrs. Walter

Ennenberg and Mrs. Armand Deutsch, longtime friends, a \$40 blanket from Mrs. Henry J. Heinz II, \$200 wool sweater knit for her by Mrs. Loretta Pogson of Farmington, Connecticut, and six movie video-cassettes valued at \$210 from Frank Rothman of Culver City, California. Spokesman Larry Speakes said the cassettes may have included one of the President's old movies.

Reagan himself also got a 1984 Olympic Games commemorative telephone valued at \$325 from Arthur Latno of San Francisco and Harold Boel of Washington, a \$450 wristwatch from a group of Brooklyn policemen known as the "A Team," and a genealogical book, for which no value could be placed, from the people of his ancestral home of Ballyporeen, Ireland.

Mrs. Reagan listed income of \$2,450 from television appearances connected with her anti-drug crusade.

The total value of the 15 gifts the Reagans kept was \$7,156.

Vice President George Bush's disclosure form showed 41 gifts valued about \$8,500. They included 26 pairs of running shoes, and a rifle from the Pakistan's Khyber rifles who guard the Khyber Pass.

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Warning! Stifling a Sneeze Can Harm Your Health

Don't stifle that sneeze! It can hurt you, warn experts.

"Stifling a sneeze can lead to serious medical problems," cautions Dr. Richard Chole.

A sneeze is one of your body's natural defense mechanisms.

When you have got a cold or the

flu, a sneeze lets out bacteria and viruses that could prolong your illness.

And when you stifle a sneeze by holding your nose closed, you risk infecting your sinuses, or causing an ear infection or hearing loss, added Dr. Chole, professor of otolaryngology at the University of

California at Davis Medical Center. He advised that people sneeze freely, with the mouth open but covered with the hand.

"You should keep your mouth open, without trying to inhibit your sneeze. But try, if possible, to cover your mouth with a handkerchief or tissue so that you do not

contaminate those around you."

Dr. Seymour Brockman, associate clinical professor of otology at UCLA, agreed, "You should always sneeze with your mouth open but covered. And never hold back a sneeze, no matter how inconvenient it may be."

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ORANJESTAD — Well-known Aruba painter Johannes Donati, donated one of his works to the Aruba Historic Museum. The painting is titled "Arubacos" and it reflects the historical part of our culture, a fantasy of an Idian household in the caves of our island. The painting was presented to Mr. Felepito Tromp. Also present were members of the Museum Committee and the head of the Institute of Culture, Mr. Leo Tromp.

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Grenada promised big \$\$ aid from western nations

ST. GEORGE'S, Grenada — (UPI) — Grenada has been assured of millions of dollars in funding from western nations and their agencies for industrial development projects, the government says.

In a statement, the government of Prime Minister Herbert Blaize said the commitments came during the recent meeting in Washington of the Caribbean Group for Cooperation in Economic Development.



"It's not lipstick, it's my boss' shoe polish!"

Your Skin Can Reveal If You Have Diabetes

A dermatologist has identified five skin signs that may indicate diabetes in whites.

They are yellow skin; yellow nails (especially at the outermost edge of the nail on the big toe); yeast infections of the skin; finger pebbles (thick, velvety patches

of skin around the knuckles or fingernails), and skin tags (very small nonmalignant growths).

None of the signs alone indicate diabetes, but two or more together do suggest the ailment, according to a report at a recent medical conference.



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You can beat nagging pain that's caused by standing or sitting too long — and stop it from striking again — by doing some simple movements that help pump blood through your system, say experts.

"If the blood isn't circulating through the legs, the legs aren't getting enough oxygen and this can cause discomfort and cramps," said

Easy Ways to KO Pain Caused By Standing or Sitting Too Long

Dr. Herman Hellerstein, professor of medicine/cardiology at Case Western Reserve University in Cleveland.

"The heart is a long, long way from our legs, so it can be difficult to pump blood

back up the legs when muscles in the lower legs are relatively inactive."

The simplest way to get muscles moving and blood pumping is to get up and move around, said Dr. Hellerstein — but sometimes

we're stuck at our desks, strapped into an airplane seat or trapped in a car.

In any of those situations, "you can do little things that won't disturb anyone and will help keep the blood flowing," he said. "For ex-

ample, you can do heel lifts ... that is, lift your heel off the floor by contracting your calf while keeping your toes on the floor.

"When these muscles are contracted, it squeezes large veins deep inside the calf muscles and helps to pump the blood back into the chest.

"Do a sequence of these heel lifts at a rate of 10 to 30 per minute for a few minutes two or three times an hour."

Tensing the muscles in the upper thigh is also helpful, said Dr. Hellerstein. Just tense the thigh muscles, hold for a second, then relax.

"Do this 12 times in a fast sequence, two to three times an hour," he said.

Dr. Carl Foster, assistant professor of medicine at the University of Wisconsin, agreed — and added:

"For those who have to stand up for long periods of time, shifting your weight from one foot to the other is a big help.

"If you're standing in line and can't walk around, you can also contract your calf muscles every so often."

Your Amazing Memory

The Mind Can Store More Information Than the World's Largest Computer — But Stress and Violence Can Make you Forget

Your mind's memory banks are far superior to the most advanced and sophisticated computers, an expert says.

Here, in a question-and-answer format, are just some of the fascinating facts science has learned about memory:

Q. How many memories can the mind store?

A. In a lifetime, it's estimated that long-term memory records as many as one million billion separate bits of information, says memory expert Elizabeth Loftus.

By contrast, one of the biggest computers, the IBM 3081, can store only 256 million bits of information.

Q. Do memories last forever?

A. Not exactly. "New studies suggest that our memories are continually being altered, transformed and distorted," says Dr. Loftus.

Q. Can hypnosis jog your memory?

A. Yes. It's not always reliable, but it seems to

work in some cases. In fact, since the early 1960s many law enforcement agencies have used hypnosis on witnesses to crime to help them remember details surrounding the crime, said Dr. Loftus, a professor of psychology at the University of Washington.

In one of the best-publicized cases, three masked men kidnapped a busload of 26 schoolchildren, as well as the driver, in Chowchilla, Calif., in July 1976. They were rescued, but the driver was unable to describe the van used by the kidnappers.

But after the FBI called in a hypnotist, the driver, under hypnosis, recalled all but one digit of the van's license plate — which was all the FBI needed to track down the culprits and crack the case.

Q. Does extreme stress affect memory?

A. Yes. One study showed that hazardous situations produce so much stress and anxiety that memory is hindered.

In the study, Army recruits were placed in a high stress situation — some were told they were being shelled with live ammu-

nition by mistake — then they were ordered to contact headquarters. However, their radio didn't work.

The study showed that the anxious recruits had trouble remembering instructions on how to repair their radio.

Q. Does everyone's memory decline with age?

A. No. In some people, memory fades as they grow older. But in others there is no decline, says Dr. Loftus, author of the book "memory".

Q. It is easier to remember faces than names?

A. Yes. A study in Canada showed people remember pictures better than words. They also tend to recall concrete words that evoke mental images — such as door, house, car or bird — better than abstract words such as ability, ego or theory.

Q. Are witnesses to violent events more likely or less likely to accurately recall

what happened when compared with witnesses to nonviolent events?

A. Less likely. For example, when a person witnesses a crime involving a weapon, that weapon captures a good deal of the witness' attention. It takes up mental processing time and leaves less time for focusing on other details.



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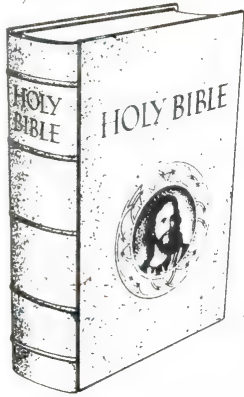
of marriage, 83 percent of couples have sex one or more times a week — and after 10 years, 63 percent still do.

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Just what is the belief of Humanism? In our last article we gave an introduction to Humanism. In this article we want to go on to explain what is the belief of Humanism by looking at its Bible or better known The Humanist Manifesto I and II. Humanism is a religion and

therefore has its bible. As God is at the center of Judeo-Christian thought, so is man at the center of Humanism. Now, one or the other must be right, but not both.

Humanism is atheistic, but in a refined way. Even in its refinement, Humanism is more than atheistic. Man has taken the place of God as the center of religion, and worship! Humanism denies the existence of God and any accountability to Him.

The first Manifesto was published in 1933 giving the solution to the world's ills in man. However, in

1973 Humanism was forced to publish another Manifesto, after seeing what devastation was brought upon man by the deeds of man's inhumanity to man during and after World War II. This document went deeper into the plan of Humanism for the controlling of the world's economic system, the environment, and the education process.

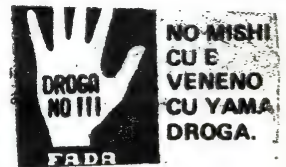
Man has to choose between the teaching of Humanism, which declares that God does not exist, or has not revealed Himself to man, or believe Christianity which asserts the above. Of the finality of man is tied up in matter or energy and is respon-

sible to himself, the result of impersonal chance or fate, which evolution proposes, than Humanism stands as a force to be reckoned with. However, if man has had a revelation from the eternal God teaching life after death with at time of reckoning for his actions and thoughts while on this globe then he must face up this and stand before his God.

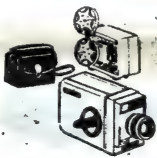
We would like to close with the question, "Does it really matter what you believe. You are face to face with the realities of life which involves every aspect of it and that will determine how you live and die. Do you believe

it is true as the Word of God says, "And inasmuch as it is appointed unto man once to die, and after this judgment; so Jesus Christ also, having been once offered to bear the sins of many, shall appear a second time, apart from sin, to them that wait for him, unto salvation" (Heb. 9:27,28).

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Does Coffee Help You Work Better? Depends on Your Personality

If you think coffee helps you work better in the morning, think again — it can either help or hurt your job performance, depending on whether you're an introvert or an extrovert, says a psychologist.

"My research shows that caffeine tends to help extroverts and hurt introverts in performing complex tasks," said Kristen Anderson, an assistant professor of psychology at Colgate Univer-



the morning and already working at peak efficiency.

They don't need coffee to get themselves going.

In fact, the caffeine in coffee can overstimulate them

and "cut back on performance, efficiency and accuracy," she added.

On the other hand, extroverts — energetic, outgoing, impulsive people who love parties — could use the boost of coffee in the morning to help them reach the point of peak arousal at which they work best.

sity who spent seven years studying the effects of caffeine.

The reason: Introverts — withdrawn, private people — are usually wide awake in

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Andrei Gromyko becomes President of Soviet Union

MOSCOW, Russia (UPI) — Andrei Gromyko became President of the Soviet Union today, giving up the Foreign Minister's post he has held for 28 years to a man with no diplomatic experience.

Instead of taking the Presidency himself, Soviet leader Mikhail Gorbachev said he was splitting the leadership duties so that he could concentrate on overwhelming domestic problems.

The second most surprising appointment today was that of new Foreign Minister Eduard Shevardnadze, 57, a tough corruption fighter from Joseph Stalin's native Republic of Georgia who has no diplomatic experience and who was

only elevated Monday to full membership of the 13-man Politburo which runs the country.

The 1,500-member nominal parliament, the Supreme Soviet, today approved the new appointments unanimously, as it does every proposal put to it.

The real decisions were made earlier by the Politburo and approved Monday by the 315-member Communist Party "Central Committee" which comprises all the important Party chiefs.

"The solution of the tasks facing us now requires some changes both in the contents and forms for party and state activities and personnel activity," Gorbachev said today

just before the 1,500 members unanimously approved the two appointments.

As President, Gromyko will have the ceremonial duty of meeting visiting heads of state, leaving Gorbachev to concentrate on the economic problems he has so far made his main concern.

Gorbachev is the first General Secretary of the Communist Party since Nikita Khrushchev not to assume also the title of President. The position has been vacant since the death of President Konstantin Chernenko.

However, like Stalin and Khrushchev, who were never

Cont. on page 13

Simple Exercises You Can Do at Your Desk

You can tone up your muscles and prevent fatigue despite sitting behind a desk all day—with five simple exercises. And what's more, nobody will even notice you're exercising, says an expert.

Millions of people are deskbound but that does not mean that they can't exercise, says Ann Smith, author of several books on exercise, including "stretch! Do these exercises two or three times a day or more, she suggested. All are designed to be done seated at your desk.

UPPER BACK STRETCH

Breathe in and stretch yourself to your full height, sitting up as tall and straight as you can. Hold this position for about a minute.

WRIST AND FINGERS FLEX

MATES FIGHT OVER MONEY MORE THAN ANYTHING ELSE

Married couples fight over money more than anything else.

We found that 77 percent of husbands and wives fight over money management. And they argue more often about how it's to be spent than over how much they have.

Put your hands near your lap and shake them gently. Next, circle your right hand in a clockwise motion four to six times, then circle it in a counter clock-wise motion four to six times. Flex your fingers back toward your wrist four to six times. Now make a loose fist with your right hand. Next, open each finger—one by one—until your hand is completely open. End with a big, strong fist you can feel all the way up your arm. Relax your right hand, and repeat the exercises with your left

hand.ARM AND CHEST FIRMER

With your hands near your lap, clasp your fingers together and push your hands hard against each other. Then relax. Do this four times

DERRIERE FIRMER

Sit up straight in your chair. Tighten your derriere muscles and hold for a count of four. Relax. Repeat four to six times.

TUMMY FIRMER

Sit up straight. Pull your stomach muscles in and hold for a count of five. Relax. Do this four to six times.

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Lago Annuity Foundation announces its move, effective July 1, 1985, from the Lago General Office Building to:

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Satellite Dish TV Antennas

Buying a satellite dish TV antenna can open an amazing new world of viewing for you with more than 100 channels — many of them offering 24-hour news, movies, music and sports.

"The variety is incredible," declared Bruce Kinnaird, executive editor of Satellite Orbit magazine, a monthly guide to what's on satellite TV.

In a single month you can choose from a whopping 650 movies, hundreds of sports events — including programs not usually shown in your area — and over 300 (non-network) specials and concerts.

A typical 8 p.m. (Eastern) time slot featured a dozen movies, six syndicated specials, four sports events, three news shows — plus shows the networks and pay TV channels offer.

What's more, with a satellite dish you can see uncensored news reports being sent to the networks from reporters around the globe, business and stockholders' meetings broadcast between company offices, and even 24-hour NASA coverage of astronauts in space.

Complete satellite dish systems range in price from \$1,000 to \$4,500, plus installation.

"It's absolutely fantastic because you can watch programming you'd probably never see," said Kinnaird.

You can even pick up

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How They Work

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shows from as far away as Europe and the Far East.

"If you're thinking of buying a dish, the first thing to do is find a reliable and knowledgeable dealer," declared satellite TV expert Fred Hopengarten, president of Channel One, the first company to sell dish antennas in the U.S.

Added Kinnaird, "Most large consumer electronics dealers, those who sell video recorders and projection TVs, for example, either sell satellite TV dishes themselves or can tell you where to buy them."

You'll need a 10- to 12-foot-diameter metal or fiberglass dish and a receiver.

Even apartment dwellers can install a dish system with permission from their landlord.

The dish should be placed in your backyard or mount-

ed on the roof in a spot that's free of obstructions to the west and south — the two directions satellite signals come from.

"Certain sections of the country get better reception than others, and the type of dish you should buy depends on where you live. Your dealer can tell you what type and size of dish is required," said Kinnaird.

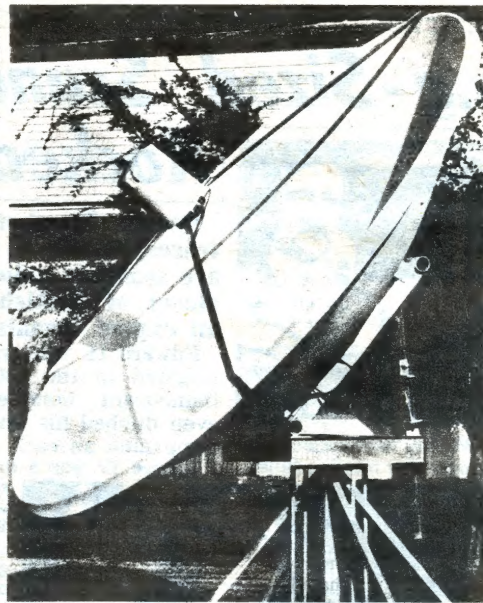
With over 100 channels to choose from you'll probably want to subscribe to one of the many guides that tell you what's on.

The guides list specific dates, times and channels for most shows. But for some special broadcasts, like NASA coverage, live news transmissions and business meetings, the guides give only the channel and you have to tune in to see what's on.

It's easy to use a satellite dish antenna. Just choose the channel you want to watch and tune it in on the receiver, much as you would on a TV set.

The only important legal restrictions are that you're not supposed to pick up payable TV stations, such as HBO and Showtime, that are marketed in your area, and the programs are only for private viewing.

750,000 dish antennas are already in backyards across America — and experts predict a sales boom.



12-FOOT-WIDE antenna looks like this.

Words of Wisdom

Your children are not your children. They are the sons and daughters of life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you.

You may give them your love but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls.

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor carries with yesterday.

ANDREI GROMYKO BECOME...

Continued from page 12

heads of state, it is certain Gorbachev will meet as Soviet leader with the more important foreign visitors.

Gromyko, 75, made clear in his acceptance speech today that he will continue his 46-year involvement with foreign affairs.

Since Shevardnadze has no

experience in foreign affairs, he is likely to work closely with Gromyko at first. His qualifications for the job seem to be the same that Gorbachev has stressed for every member of his new generation team: He is a dynamic, well-educated fighter of corruption.

Gromyko, as President, will be able to ease Shevardnadze into the job so that he will be well established by the time he has to take full responsibility for foreign affairs.

Diplomats say Shevardnadze, though a strong personality, is still too junior to be an immediate political threat to the main Russia leadership.

The new appointments are fresh evidence of Gorbachev's political muscle and confidence. Just one day earlier, he had ousted his one-time rival and main Politburo opponent Grigory Romanov from the Politburo and replaced him with Shevardnadze.

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King-Sized Scandals That Have Rocked British Royalty



DUKE of Windsor (left) became Nazi sympathizer after meeting Hitler.

Queen Elizabeth is ultrarespectable — but there are scandals galore in the closet of British royalty, an expert reveals.

Edward II, who was King of England in the 1300s, was a flamboyant homosexual who even dubbed his favorite male companion an earl.

George IV was a drunkard and

spendthrift who hated his wife Caroline with a passion. When he was crowned in 1820, he actually had royal guards posted at every door of Westminster Abbey to keep Caroline from getting in for the coronation.

Every schoolchild knows that King Henry VII. had six wives — but most history books don't mention that he most likely suffered from a very advanced case of venereal disease!

In the early 1700s, King George I threw his wife in prison for having an affair. Then he openly flaunted his two mistresses.

Charles II, who ruled in the 1600s, had no fewer than

nine mistresses. And even the prim and proper Queen Victoria was suspected of having an affair with a palace manservant following the death of her husband, Prince Albert.

England's royal family has had its share of scandal in this century, too.

Queen Victoria's son, King Edward VII, had torrid affairs with the beautiful actress Lillie Langtry and other women.

Incredibly, the tutor of Edward's son was accused of being the dreaded Jack the Ripper!

While Queen Elizabeth's late uncle, Lord Mountbatten, was Viceroy of India, his

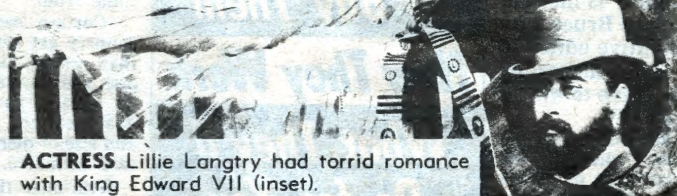
wife Lady Edwina allegedly had a passionate affair with the Indian leader Nehru.

And, at the same time, Mountbatten was also reported to have had extramarital affairs.

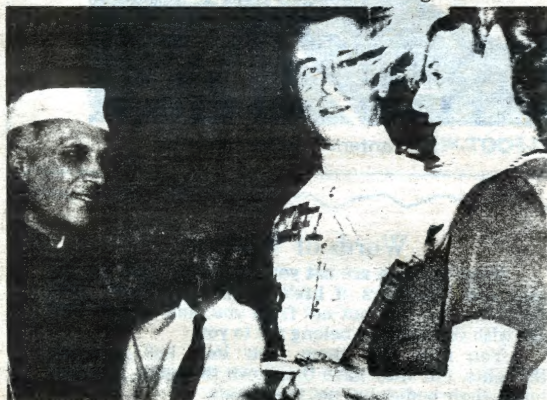
What's more, sources say the late Duke of Windsor became a Nazi sympathizer after meeting Hitler before World War 2.

Said Patrick Montague-Smith, former editor of De-brett, England's blue blood directory: "The royal family is always seen as prim and proper."

"It's hard to believe they have such notorious ancestors — but it's true!"



ACTRESS Lillie Langtry had torrid romance with King Edward VII (inset).



INDIA'S LEADER Nehru (left) reportedly romanced Edwina (right), wife of Lord Mountbatten.

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Virtually All Hospital Bills Have Errors

A recently completed two-year study of hospital bills revealed that 98 percent of them contained errors — and almost 97 percent of those with errors included charges for services that could not be proven as actu-

ally provided. The audit of 3,850 bills, conducted by Equifax Services Inc. of Atlanta, represented hospitals in 41 states.



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PERFUMES.... PROMISE THEM ANYTHING

Lyn Carlton's tiny office in Altamonte Springs smells like a million bucks. Well, actually like 6,000 bucks, which is approximately what two ounces of each of the 18 perfumes sitting on an antique coffee table would cost in a fashionable department store. At least that's what the genuine articles - Gorgio, Opium, Chanel No. 4 or Oscar de la Renta - would cost. The melange of high-price odors wafting through Carlton's office, however, are fakes, impostors, facsimiles of the real thing. You could buy the lot for less than \$300.

Carlton, co-owner and marketing director of Ingenue Fragrances, Inc. manufactures and sells these "duplication perfumes", as they're called. For 14.95 you can buy

two ounces of her Rhapsody, an olfactory double of Joy, currently going for \$183.43 an ounce in New York. Another \$14.95 gets you two ounces of Laureat, a hop, sniff and jump from Chanel No. 5, at \$146.13 an ounce. In fact if spending a small fortune is essential to your acquisition of an attar, you're in big trouble with Ingenue, for no matter the prestige or price of the scent it copies, every one of their perfumes retails for the same \$14.95 per two-ounce bottle.

Carlton, a former special-education teacher, started Ingenue Fragrances with her husband, Rob, three years ago, after she'd seen a presentation of duplication perfumes at a party. They discovered as long as they didn't use either the name or

packaging of the original there was nothing illegal about copying the smell. So they hired a couple of chemists.

"We decided not to use the home-party method of selling, since perfume buying is a private kind of thing," says Lyn Carlton. "We couldn't sell to department stores or they'd lose the franchise for the expensive brands, so ours

are marketed through beauty-supply shops'.

Though she says her perfumes last as long as the originals, Carlton doesn't claim to produce an exact match of the famous scents: "Perfume-manufacturing is a very difficult and secretive business. We get as close to the original as possible, but there are certain elements of their perfume base we

can't duplicate.

Jardin (a copy of Opium) and Ambiance (Oscar de la Renta) are our best. Our best seller is Jessique (Giorgio), named Jess, our baby boy."

One day, Carlton hopes to manufacture her own signature perfume. "It will become world-famous, she says, "and of course be imitated".

AEROBICS - PART 1



Many people today are becoming more interested in their physical health.

They are seeing that fitness is not just a superficial trend, it is preventive medicine necessary for a healthy body. Because of skyrocketing healthcare costs, people realize that they can't afford not to be healthy. Lately we've been hearing a lot about Aerobics. The following is a brief introduction to aerobic dance exercise. The term "Aerobics" can be defined as a set of exercises carried out over a period of time where the oxygen demands is being met by the body. In other words you exercise about 20 minutes at approximately 80 percent of your maximum heart rate (220 - your age) Aerobics is a very broad term and includes many different forms of exercise ie;

cycling, jogging, swimming and dancing etc. In this article and following we will be dealing particularly with aerobic dance exercise which from here on will be called Aerobics for short.

There are many health benefits you can realize if you work out in aerobic classes (3 times per week, 20 min on a stretch, at your training heart rate) including:

- Healthier heart and lungs
- Safer and faster weight loss
- Psychological perks
- Reduces physical effects of stress
- Increases energy and endurance.
- Improves digestion, less constipation
- Quality sleep
- Better bones
- Comfortable pregnancy, easier delivery
- Improves concentration
- Strengthens muscles
- Improves flexibility and reflexes.

In aerobics Part II we will

elaborate on these benefits.

An Aerobics class routine basically consist of the

following parts in this particular order.

- 1) Warm-up (5-10 min)
- 2) Aerobics (15-30 min)
- 3) Floor work (calisthenics) 15-20 min)
- 4) cool down (5-10 min)

This routine includes exercises for flexibility and strength as well as endurance. Men, women and children of practically all ages may benefit from Aerobics. It is however recommended that if you are over 40 years of age and have been inactive for a long time, you get your doctor's approval to participate in Aerobics.

Injuries play a role in Aerobics as in any other sport and therefore it is important that your instructor is qualified as a teacher in order to prevent unnecessary injuries.

Aerobics does not have to be expensive, it all depends on your taste in clothing however a good pair of exercise or aerobic shoes is recommended to protect your feet.

If you want to improve your appearance, feel great and have fun doing it; consider Aerobics. It may be the sport for you.

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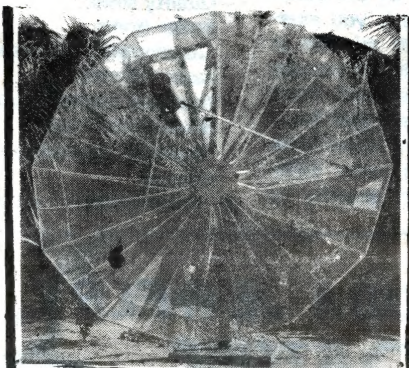


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